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CERTAINE PHILOSOPHICAL

Preparations of Foode and Beuerage for Sea-men, in their long voyages: with some necessary, approoued, and Hermeticall medicines and Antidotes, fit to be had in readinesse at sea, for preuention or cure of diuers diseases.

AND first for Foode. A cheape, fresh and lasting victuall, called by the name of *Macaroni* amongst the Italians, and not vnlike (saue onely in forme) to the *Cuscus* in *Barbary*, may be vpon reasonable warning prouided in any sufficient quantity, to serue either for change and variety of meat, or in the want of fresh victual. With this, the Author furnished Sir *Francis Drake* and Sir *Iohn Hawkins*, in their last voyage.

2 Any broth or *Colase*, that will stand cleare and liquid, and not gellie or grow thicke when it is cold, may also be preserued by this fire of Nature from all mouldinesse, sowrenesse, or corruption, to any reasonable period of time that shalbe desired. A necessary secret for all sicke and weake persons at sea, when no fresh meate can be had, to strengthen or comfort them.

3 Now for Beuerage: All the water, which to that purpose shall bee thought needefull to be caried to sea, will bee warranted to last sweete, good, and without any intention to putrefaction, for 2, 3, or 4 yeeres together. This is performed by a Philosophicall fire, being of a sympatheticall nature with all plants and Animals. In the space of one moneth, the Author wil prepare so many Tunnes thereof, as shall be reasonably required at his hands.

4 By this meanes also both Wine, Perrie, Sider, Beere, Ale, and Vineger, may be safely kept at sea, for any long voyage, without feare of growing dead, lowre or mustie.

5 And, as for Medicine, if any Nobleman, Gentleman, or Merchant, shall by his Physition be aduised to cary any speciall distilled waters, decoctions, or iuyces of any plant or any other liquid vegetable or animall body whatsoeuer with him in any long voyage, this Author will so prepare the same onely by fortifying it with his owne fire of kinde, that he may be assured of the lasting and durabilitie thereof, euen at his owne pleasure.

6 Here I may not omit the preparation of the iuice of Limons with this fire: because it hath of late been found by that worthy Knight Sir *Iames Lancaster* to be an assured remedy in the Scurby. And though their iuice will, by naturall working and fermenting, in the end so spiritualize it selfe, as that it will keepe and last either simply of it selfe, or by the help of a sweete oliue oyle *supernatant*: yet this Author is not ignorant, that it hath lost much of his first manifest nature, which it had whilest it was conteined within his owne pulp and fruit: (as is euident in the like example of wine, after it hath wrought long, which differeth exceedingly both in taste and nature from the grape out of which it was expressed) whereas being strengthened with this philosophicall fire, it retaineth still both the naturall taste, race, and verdure, that it had in the first expression: and so likewise of the Orange.

7 There is also a specificall powder for Agues *Quotidian*, and *Tertian*: and sometimes it helpeth *Quartans*. Halfe a dramme is sufficient for a man: and a quarter of a dramme for a child. It is taken in white Wine Beere, or Ale. It cureth sometimes at the first taking, often at the second, and seldome or neuer faileth at the third time. It is not offensiue to the taste. It expelleth the disease, without any euacuation or weakening of the Patient.

8 A sweete Paste, for the head-ache: which commonly giueth ease, in one houres space, either vpon the first or second taking, because it is specificall. The dose is the weight of 6.d.

9 A safe, general & gentle purging Powder, to be taken in white wine, working easily without any convulsion, or other offence to the stomacke. It is pleasant, and hath not any common or knowen purgatiue therein. It weakeneth not the Patient, neither doeth the body grow costiue after it: which is vsuall in most of the common purgatiues. There haue been so many trials made vpon all sorts of complexions with this powder, as that it may well deserue the name of a generall purge: yet I can least commend it in Cholericke bodies. The dose is two drammes and an halfe at a time. This being taken in warme weather for three dayes together, in the Spring and Fall, will preuent both the Gowte and Dropsie, and most of those diseases that spring from rheumaticke causes: and if it cure them in eight or ten dayes, take it for aduantage. It cureth the Pockes newly taken in fiue or sixe dayes: and in tenne or twelue dayes, at the most, it cureth a deepe rooted Pocke.

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10 And if the plague, burning Feauer, or small Pockes, or Meazels happen to infect any of the Souldiers or Mariners, or others in the ship: then if, within sixe or eight houres after infection, a dose of my Antidotary powder (whereof eight graines are sufficient) be taken, it commonly preuenteth the rage and violence of the Plague, by mastering the poyson, seldome suffering any sore to arise: and it disperseth and conquereth the matter of the small Pockes and Meazels: whereby in a few houres it vanisheth, without making the Patient heart-sicke. And, in the cure of any kind of poyson, no Vnicornes horne, no *Bezoar* stone, no *Terra Lemnia* or *Sigillatæ*, no Mithridate &c. is able to match the same, though taken in a double proportion. It is an excellent remedie against swooning, or any sodaine passion of the heart.

11 There is also a medicine, which I will commend for the sea (being a notable astringent powder) which stayeth any flux of blood in a short time, and often cureth the Piles and Emerhoides.

12 The Essences of spices and floures (as of Cinnamom, Cloues, Mace, Nutmegs, Rosemary, Sage, &c) being in the forme of powders, may with lesse danger be caried at sea, are more apt to be mixed and incorporated with Syrupes, Juleps or Conserues, are more pleasing to nature, and are more familiarly taken, and with better succesſe then the chymicall oyles themselues, drawen by limbecke: their effects are answerable to the nature of the oyles.

Thus much I am bold to offer and publish for the benefit of seafaring men, who for the most part are destitute both of learned Physitions and skilfull Apothecaries: and therefore haue more neede then others to cary their owne defensatiues and medicines about them. Which if it shall receiue enterteinement according to the worth thereof and my iust expectation, I may happily be encouraged to prie a little further into Natures Cabinet, and so to disperse some of her most secret Iewels, which she hath long time so carefully kept, onely for the vse of her deareſt children: otherwise, finding no speedy or good acceptance of this my proffer (but rather crossed by malice or incredulity) I doe here free and enlarge my selfe from mine owne fetters: purposing to content my spirits, with such priuate and pleasing practises, as may better sort with my place and dignitie, and in likelyhood proone also more profitable in the ende, then if I had thankelesly deuoted my selfe to *Bonum Publicum*. In which course, happy men are somtimes rewarded with good words: but few or none, in these dayes, with any reall recompense.

Vt Deus per Naturam, sic Natura per ignem Philosophicum.

H. P. *Miles.*

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